

Abstract

Title: Outdoor activity courses' influence on the development of social cohesion and relationships in groups of adolescents.

Aims: The aim of this thesis is to find out whether outdoor activity courses support the development of social cohesion and relationships in groups of adolescents.

Methods: The survey was realised by questionnaires. We used two different instruments - Group Cohesion Evaluation Questionnaire which was evaluated by matched-sample t-test and sociometric test whose results are presented by the method called sociomapping.

Results: Comparing the results of pre-test and post-test we realised that 3-days outdoor activity courses support the development of social cohesion by adolescents. We proved increase in sympathies, attachment and also more positive and stronger mutual relationships in all classes which is presented in the sociomaps.

Keywords: outdoor activities, social cohesion, sociometry, sociomapping, adolescents